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WEATHER

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Tomorrow:
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50

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The Daily Student Voice of Howard University

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Thursday, April 2, 2009

Thursday's Notebook

METRO

THE NATIONAL CHERRY BLOSSOM FESTIVAL IS HERE! READ ABOUT THE MEANING OF THE FLOWERS.

BIZ & TECH

HOWARD ALUMNI ARE MAKING UGLY HERMITS. WHAT ARE UGLY HERMITS? READ TO FIND OUT.

LIFE & STYLE

STUDIES HAVE SHOWN THAT NEGATIVE THOUGHTS CAN AFFECT ONE'S HEALTH IN A NEGATIVE WAY.

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A young Afghan refugee fights through the blowing sand while walking in one of the refugee camps that have been set up along the Afghanistan and Pakistan border in Chaman, Pakistan.

Afghan-Pakistan Situation Dire, More Troops May Be Needed

BY NANCY A. YOUSSEF
McClatchy Newspapers (MCT)

WASHINGTON -- The situation in Pakistan and Afghanistan is "increasingly dire," top defense officials told Congress Wednesday, and they said President Barack Obama may have to send another 10,000 troops beyond the 21,500 he's announced since taking office.

Michele Flournoy, the undersecretary of defense for policy, said

the administration hasn't yet developed benchmarks to measure progress, but she predicted high human and financial costs for the U.S. in the campaign against Islamic militants in the two countries.

Adding to the bleak picture, Army Gen. David Petraeus, the commander of the U.S. Central Command, expressed doubts about the reliability of Pakistani security forces in supporting the U.S. effort to curb the spread of Islamic extremism in South Asia.

Petraeus conceded the Paki-

stanis have betrayed America's trust in the past. He said, however, the U.S. must show its commitment to the region, saying: "It is important the U.S. be seen as a reliable ally." He said the military may need to send 10,000 more troops than the number Obama already has announced, and a decision must be made in the fall.

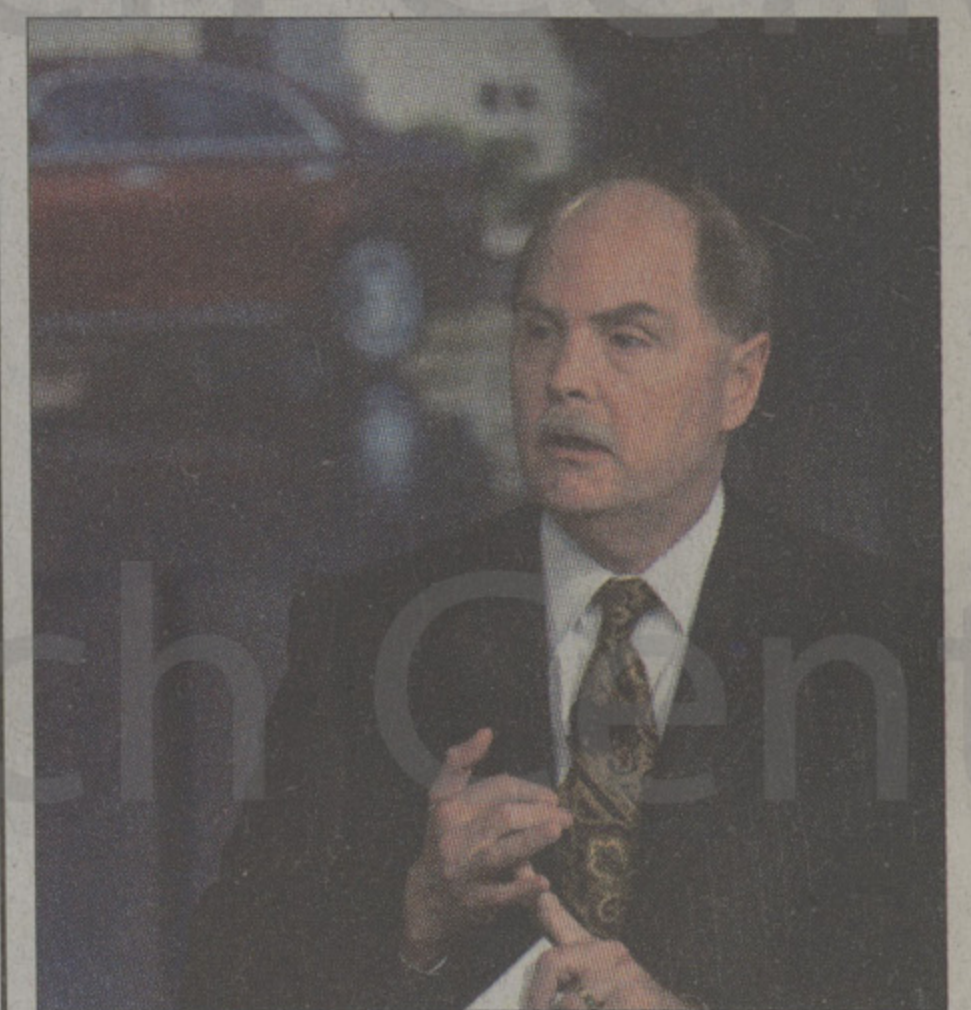
Although the administration has identified Pakistan, where al-Qaida's top leaders are thought to be hiding, as key to its strategy, that strategy consists largely of encouraging the Pakistanis to

take more aggressive action against the militants, which they've been loathe to do.

Members of the Senate Armed Services Committee said they doubted Pakistan can be trusted to thwart Taliban and al-Qaida activity in the border region with Afghanistan.

"I remain skeptical that Pakistan has the will or capability to secure their border," said Sen. Carl Levin (D-

> See **TROOPS**, page 3



Steve Fecht-General Motors (MCT)
Fritz Henderson conducts his first news conference as CEO of General Motors Corporation.

Obama, Feds Give Chrysler, GM Deadlines

BY CHRISTINA BURTON
Business & Technology Editor

The federal government gave 60-day and 30-day deadlines to General Motors Corp. and Chrysler LLC, respectively, to come up with better plans showing how profitable each can be.

President Barack Obama said Monday that he is aware the task of getting both companies to find an agreement with unions, stakeholders and creditors, but for the government to put more United States citizens' tax payer money at risk for each struggling company is something Obama and his administration are not prepared to do.

The president considered GM's plan to be a "good faith effort," but it isn't good enough. They have to produce a better business plan.

"[GM] must ask themselves: Have they consolidated enough profitable brands? Have they cleaned up their balance sheets, or are they still saddled with so much debt that they can't make future investments?" The president said.

The more than 100-year-old GM, the biggest domestic car maker whose CEO, Rick Wagoner, stepped down Monday at the request of the White House and instantly replaced by former chief financial officer and Vice Chairman Fritz Henderson, lost upwards of \$31 billion in 2008, requiring them to ask for the federal government's help.

On Monday, Henderson said that during their 60-day restructuring process, the company will work on bettering financial obligations to bond holders, unions and other people invested in the company, and that the 101-year-old auto maker will try to do it all out of court. However, on Wednesday, the company reported a 45 percent drop in auto sales, and Henderson said it is likely the company could end up filing for bankruptcy.

Both major car companies, part of "The Big Four," which includes Ford Motor Corp., have seen crippling sales declines within the past year especially, and 400,000 jobs have been cut from the Detroit-based industry in the past year, says the president, because of the entire industries hardship. The government, Obama said, is looking for a solution to keep all three alive.

"The situation at Chrysler is more challenging," the president said Monday at a White House press briefing. "It's with deep reluctance, but also a clear-eyed recognition of the facts that we've determined, after careful review, that Chrysler needs a partner to remain viable."

The ideal partner, according to the White House and Chrysler, is international car company, Fiat.

"Fiat is prepared to transfer its

> See **AUTO** page 3

Lead in Water a Concern of District Residents, Howard Students

BY ANGELA RICHARDSON
Contributing Writer

After a man sues the DC Water and Sewer Authority (WASA) for \$200 million, many residents question the dependency of D.C. water.

On Feb. 17, Northeast resident John C. Parkhurst filed a lawsuit in D.C. Superior Court against WASA, claiming that lead-contaminated tap water poisoned his twin sons as infants, causing them to have ongoing health problems.

According to the lawsuit, the 50-year-old psychologist claimed that the water utility between 2001 and 2004 hid elevated levels of lead from customers and federal authorities. During this time, Parkhurst, who lives in Capitol Hill, prepared baby formula and food for his sons,

Johnathan and Joshua, using tap water from when they were eight months old until they were two in 2000.

Parkhurst later learned through yearly checkups that the twins, whom he adopted from Vietnam, had dangerous levels of lead in their blood. The lawsuit stated that he noticed serious attention problems in both of his sons, now eight, which medical evaluations said could lead to learning and behavioral problems as well as an inclination to substance abuse later in life.

Parkhurst has filed lawsuits on behalf of himself and on others in a similar situation, the lawsuit said. Calls to his attorney, Stefanie Roemer, were not returned by press time.

In response to the lawsuit, WASA's general manager, Jerry Johnson,

said they are sympathetic to all parents of children with developmental and behavioral issues.

"We know that the community is concerned about the possible impact of elevated levels of lead in the water in the early part of the decade, as are we."

However, Johnson said, there are a number of factors that can contribute to health and behavioral concerns.

"Linking any particular set of issues to lead in water will require scientific and case-specific substantiation," Johnson said.

After consulting with health experts and the scientific community to learn more about the issue, Johnson said that even experts disagree that lead in water could be the cause of Parkhurst's sons' ongoing health problems.

General Assembly Confirms New Members to the Board

BY JESSICA LEWIS
Staff Writer

Newly elected General Assembly members were introduced to the body as a 20-minute recess was needed due to representatives leaving the meeting before adjournment.

Before the mass migration, two new justices of the Policy Board were confirmed, and one returning justice, Lloyd Talley, was reconfirmed.

Each student up for confirmation was allowed time to speak before the assembly to appeal for the representatives' votes, and in return, the representatives asked questions to test the candidate's knowledge of and vision for student government.

As the only justice of the Howard

University Student Association (HUSA) 48th Administration Policy Board seeking reconfirmation, Talley stood before the assembly saying that it was a nerve wrecking process due to the unfavorable decisions that he and the board made this year.

As he waited in the hall for the representatives to vote, the representatives discussed those unfavorable decisions. Eight representatives asked for Talley to be judged by his knowledge of the constitution and his progress as a justice. Eight representatives used evocations of his professionalism as reasons not to reconfirm his position. Four representatives chose to say nothing at all and abstained from voting.

With the assembly at a tie vote, Chairman Corey Briscoe made the final decision and voted to reconfirm Talley as



Jessica Lewis - Staff Writer
During the General Assembly meeting, there were confirmations and reconfirmations of members such as Lloyd Talley and Darrick Scott of COAS.

a Policy Board justice.

Two new members also confirmed were Darrick Scott for the College of Arts and Sciences (COAS) and Alize Beal for the School of Business to replace gradu-

ating senior and Policy Board chairman Charles Taylor.

When it was Taylor's turn to re-

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Cherry Blossom Festival

National Cherry Blossom Festival Honors Ties Between Japan, United States

BY DERRICK HAYNES
Contributing Writer

The drizzly weather did not put a damper on the opening ceremony of the 2009 National Cherry Blossom Festival (NCBF).

The first African-American enka singer in Japanese history, Jerome "Jero" White Jr., was the standout performer

at the opening ceremony. Remarks from the Japanese ambassador and District of Columbia dignitaries drew the ceremony to a close and reminded crowd-goers of how, like the festival-inspiring plant, U.S.-Japan relations too have blossomed over the years.

"[Japan and the United States] have a friendship signified by cherry blossoms," said Eleanor Holmes, a D.C. congresswoman.

The origin of Japanese cherry blossoms in the District can be traced back to Japan's gift of two cherry blossom trees in 1912.

"Cherry blossom trees are [now] a part of D.C.," said Stephanie D. Scott, the secretary of the District of Columbia. According to Scott, cherry blossoms are

scattered around D.C.'s eight wards.

The NCBF's opening ceremony was precluded by the 11th annual Freedom Walk and the NCBF's Family Day hosted by the National Building Museum. While the Freedom Walk commemorated the 120,000 Japanese-Americans detained during World War II, Family Day allowed children and adults the opportunity to learn how to do Japanese art.

In his debut performance in America, Pittsburgh native Jero dazzled a packed audience. In 2008, Jero took Japan by storm and fulfilled his dream of becoming a singer of 19th Century "Japanese blues." Jero's success has sparked talks of a possible resurgence in the popularity of enka music.

"His hip-hop image allows him to

appeal to different crowds," said Sophia Kolas, a freshman political science major. "The music he sings just proves that anything can be hip again with a little innovation and reinvention."

Following Jero's Japanese performance, Ichiro Fujisaki, the Ambassador Extraordinary and Plenipotentiary to the United States, jokingly said, "I'm surprised he speaks English."

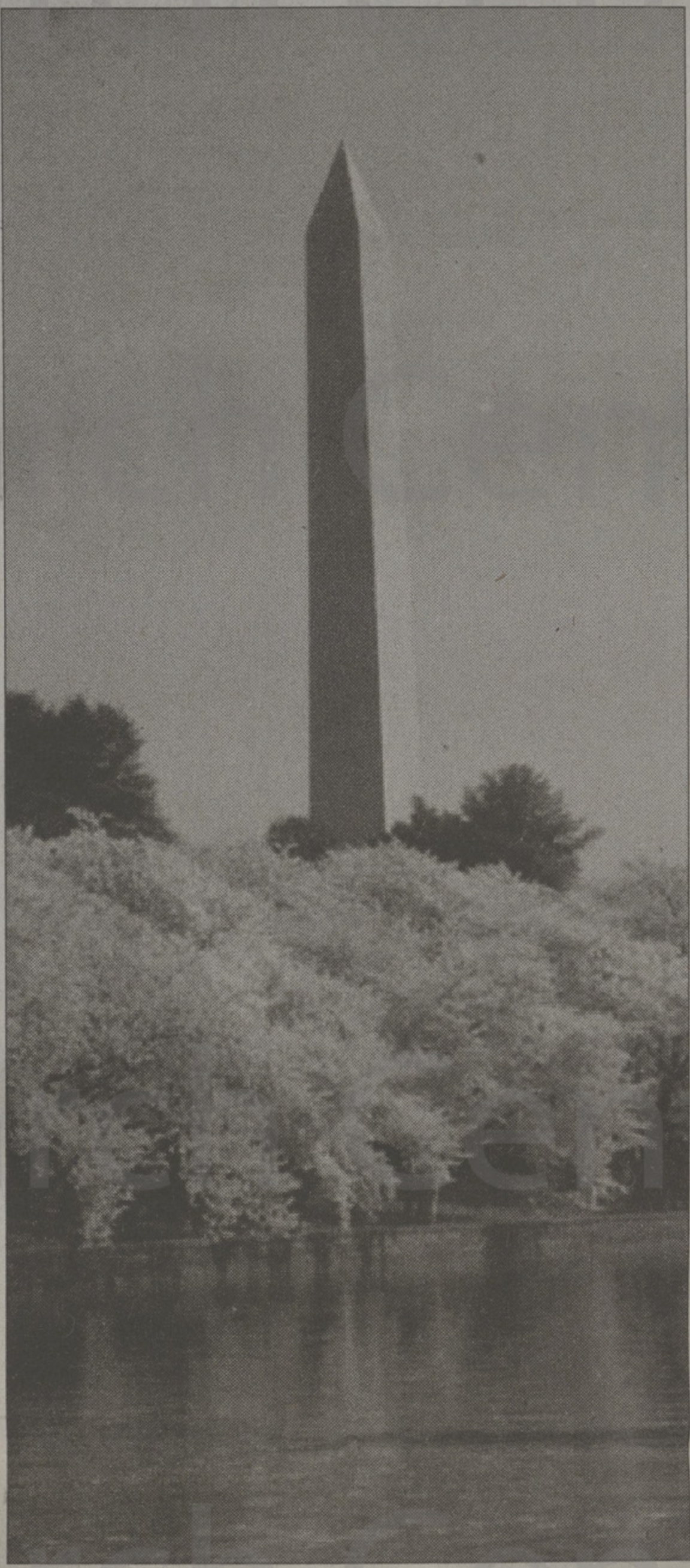
According to Fujisaki, the global economic crisis has strengthened United States-Japan ties. Japan was the first country that Secretary of State Hillary Clinton visited, and Taro Aso, the prime minister of Japan, was the first foreign leader President Obama welcomed to the White House.

"[This large crowd turn-out] gives

me the hope and confidence that could be used across the world," Fujisaki said, comparing the festival-goers' resolve to not be deterred by the less than festive weather to the global communities' resilient spirit to overcome the present economical hardships.

The Honorary Chair of NCBF, First Lady Michelle Obama, did not attend the opening ceremony, but the possibility of an appearance by the first lady before the festival's end on April 12 is in the process.

"[An appearance by First Lady Obama] has yet to be determined," said Diana Mayhew, the president of NCBF, "but we're working with her office."



Clockwise: The view over the Potomac River of the cherry blossom of past seasons. Above: The Washington Monument covered with cherry blossoms in the spring. Left: Tourists and native Washingtonians walk along the river's edge. Bottom left: A view of the monument across the water. Bottom right: Another view of the Washington Monument.

A Look at the National Cherry Blossom Festival

March 28 to April 12



General Assembly Takes Recess

Continued from **FRONT, BOARD**

view Robert's Rules of Order for the newly elected representatives, several old representatives walked out of the meeting with the notion that they would be back after the review was over an hour later.

However, the disappearance of representatives caused General Assembly to be at a standstill as the assembly lost quorum and Briscoe called for a five minute recess.

After the five minutes were over, Briscoe asked for a representative to make a motion to adjourn the meeting as they did not have quorum. Representatives, instead, asked for more time to find the missing representatives.

Twenty minutes later, COAS representative Edward Hill and School of Business vice president Travis Sherman re-entered the room. Representative Mycal Carr was the last representative to re-enter.

As attendance was taken, HUSA recording secretary, Eunike Hansel, rose in joy as the eighteenth representative said, "present."

The meeting then continued with Robert's Rules of Order as Taylor asked for old representatives to stay so that he could teach the newly elected representatives the rules of government.

Residents of District Complain About Water

Continued from **FRONT, WATER**

lives.

"This case has the possibility to have an outcome in which WASA is not only sued by Parkhurst," he said.

Along with D.C. residents, Howard students also consider themselves to be extremely affected by this issue, an issue that could possibly happen anywhere in the country. Junior telecommunications management major, Kai Lawson, said she is very disappointed with the water system in D.C.

"I feel that in order to ensure

a healthy community, both air and water should be held as priorities," Lawson said. "Clearly, they're not being held in such regard in this city."

Freshman business management major, Shamiko Reid, said she too is concerned about this issue because it puts her as well others' health at risk.

"Thousands of lives are at risk, to a problem that I'm pretty sure is not just the problem of one household," Reid said. "Our health is at risk, and we as citizens, who pay water bills monthly, should have been notified."

More Troops to be Sent to Middle East

Continued from **FRONT, TROOPS**

Mich.), the committee's chairman, during the three hour hearing.

Navy Adm. Eric T. Olson, the head of the U.S. Special Operations Command, also testified and called the situation in Afghanistan and Pakistan "increasingly dire."

Sen. John McCain (R-Ariz.), said he feared the administration is incrementally increasing its presence in the region instead of making a blunt change of strategy. Sen. Joseph Lieberman, a Connecticut independent who votes with the Democrats, asked if the U.S. plan for Afghanistan would better secure the U.S.

Sen. Susan Collins (R-Maine), asked, "How will we know if we're winning?"

The administration said it's still working out benchmarks. But, Flournoy said the U.S. mission in Afghanistan will be complete when "the Afghans and Pakistanis have both the capability and the will to deal with the remaining threat themselves."

The U.S. wants to double the Afghan security forces to 134,000 troops and 82,000 policemen. Flournoy called it part of an "integrated counterinsurgency strategy," but she conceded "there will be higher human costs and higher financial costs to this effort."

To succeed, the administration's strategy not only must quell increased violence in Afghanistan, but also address the rampant corruption of Afghan president Hamid Karzai's U.S.-backed regime and the growing Islamic militancy in neighboring, nuclear-armed Pakistan, which is a source of supplies, shelter and training for Afghan militants.

Beside more forces, the new strategy calls for a "surge" of hundreds of diplomats and civilian specialists to help run elections and fight corruption and narcotics trafficking. It also calls for tripling economic aid to Pakistan to \$1.5 billion a year over five years.

Federal Government Gives More Time to Auto Makers

Continued from **FRONT, AUTO**

cutting edge technology to Chrysler and, after working closely with my team, has committed to building new fuel-efficient cars and engines right here in the United States," Obama said.

The Chrysler-Fiat merger would have to be signed and sealed within 30 days, and during that time, the government will provide Chrysler with as much as \$6 billion to function. If the merger is agreed upon, Fiat would take owner-

ship in the majority of Chrysler.

Any new investments Chrysler plans on venturing into prior to the possible merge with Fiat must be paid back to taxpayers, Obama said.

If Chrysler cannot reach an agreement with Fiat, Obama said, "we will not be able to justify investing additional tax dollars to keep Chrysler in business."

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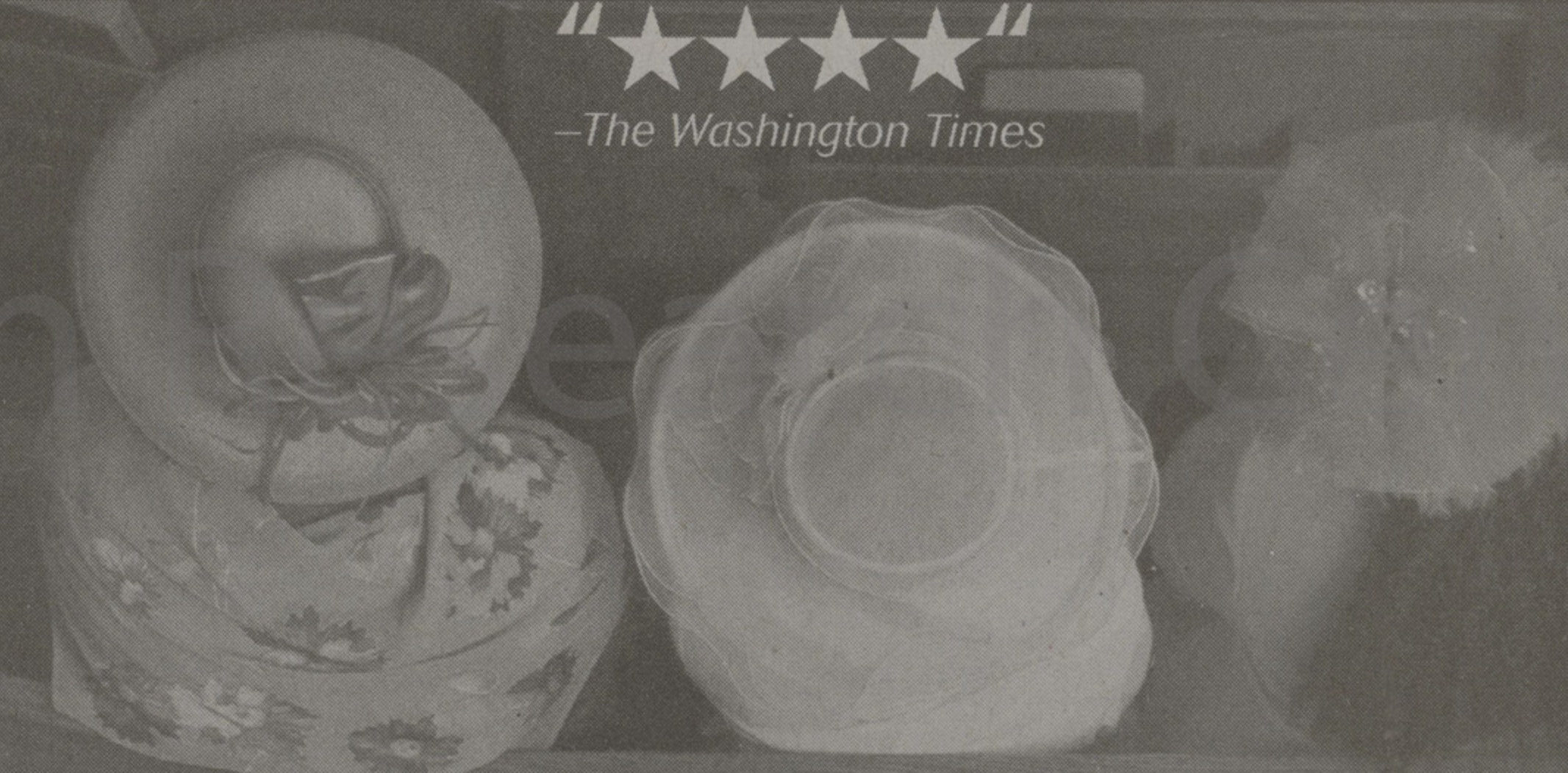
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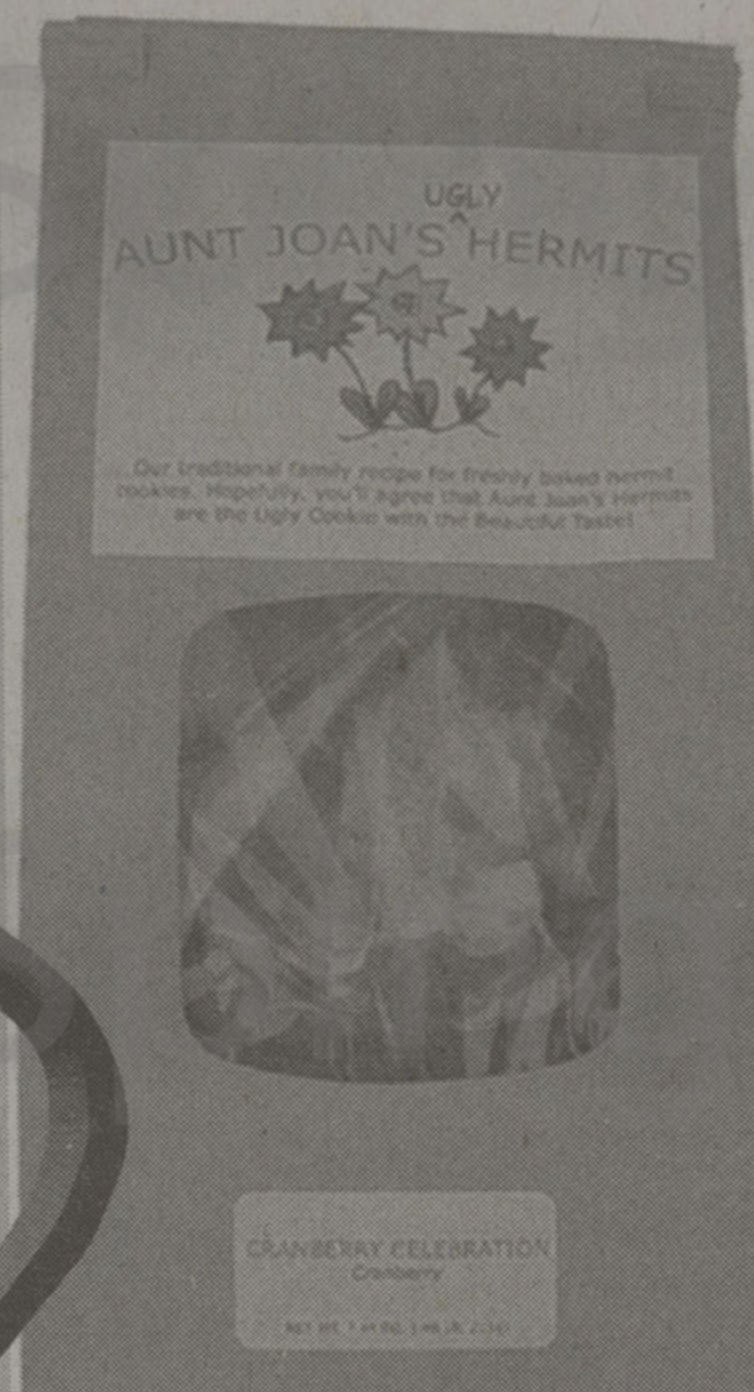
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FRESH BAKED & UGLY

Alumni start cookie baking business, find it a church home



BY CHRISTINA L. BURTON
Business & Technology Editor

Each year, nuts and melty raisins poke out of misshaped holiday packages dispatched by Aunt Joan Fielder, a woman who called her warm cookie creation hermits.

She sent them to families throughout the country from her kitchen in Detroit, where she played mother, wife and hermit baker for more than 30 years. The family touted her knack for remembering who liked nuts and raisins, and who liked raisins only. In spite of the ingredients and good taste, the holiday packages always arrived in “irregular shapes and sizes.”

Valyncia Simmons and her husband, Regie Simmons, both 1999 graduates of Howard University with degrees in journalism, sat eating Aunt Joan's hermits one Thanksgiving when Regie laughed at how ugly the cookies looked. Her response was, “Yeah, but they taste good.”

Valyncia, a collector of fine art and a University of Southern California-bred lawyer with an athletic heart, held down a professional career with BET in Washington, D.C. for a few years. Now, she helps Fortune 500 clients with her practice in legal trademarking, and in her spare time, helps her husband, who is actively seeking his Master's in business administration at Saint Joseph's University, keep the business of the Ugly Hermit Cookie Company LLC in a straight line.

“Neither Regie or I have abandoned our careers,” she said. “We are still actively moving along our respective career paths in sales and in the practice of law.”

Although the Simmons' started the Ugly Hermit Cookie Company, Valyncia says that “the good thing” is that it's a family affair.

“So the support structure is there for us to maintain our careers while family members pitch in when needed,” she said.

Regie used to work as an associate intranet editor for a public relations firm, then merged into a web developing position where he found himself in Glendale, Calif. He mingled with Fortune 500 characters like 3M, Arco and BP until he started extending his technological talent to creating online identities for different organizations, like his own fraternity, Kappa Alpha Psi Fraternity, Inc.

Now, he mans the kitchen and the daily operations of the cookie company, keeping the recipe in line with what Aunt Joan and others before her founded it on. In his off time, he shows off his 1965 Mustang and keeps himself busy with home projects and the hermits.

“While Valyncia and I still have a passion for writing, neither of us wanted to be a professional journalist,” Regie said. “With that said, our journalism degrees have served us well.”

Ugly Hermits is the Simmons' second business venture in the past two years, he said.

“The first was our real estate investment company, through which we have acquired residential real estate in Baltimore. That company continues to exist today, and all of our properties are currently rented,” he said.

“The hermit has been our family's ugly little secret for years,” he said. “I honestly have never met anyone outside of my family who has even heard of a hermit, much less tasted one. Our goal is to share our family's tradition and to spread Aunt Joan's legacy.”

The Simmons' recall their Granny Helen who had the “truest interpretation of the hermit recipe.” Granny Helen got the recipe from her mother and handed it down to her two daughters, Charlotte and Joan.

Ugly Hermits found a home in Waldorf, Md. at St. Paul's Episcopal Church after a month-long search for a clean kitchen to bake in.

“Most of the shared-use commercial kitchens are located in Montgomery County,” he said. “We needed a kitchen that was conveniently located near our home in Prince George's County. We had almost given up hope of finding a local kitchen, when we learned of St. Paul's Church and Reverend Joy Rose.”

Eye-Catching Hermits

Perfectly Plain Jane (plain)
Off-The-Wal Nuts (nut)
Fenelon Flavor (raisin/nut)
Juicy Jubilee (raisin)
Cranberry Celebration (cranberry)



Steve Fecht - General Motors (MCT)

Fritz Henderson, now chief executive officer of General Motors Corp. after former CEO Rick Wagoner stepped down, talks to the media after concluding his first news conference on Tuesday at the GM Renaissance Center World Headquarters in Detroit. Both GM and Chrysler LLC face auto sales troubles that may lead them to bankruptcy.

- Compiled by Christina L. Burton, Business & Technology Editor

Student Hustle: Keeping Busy in Communications

BY NIA CHALLENGER
Contributing Writer

If you mention the name Ryan Seacrest to Krystal Robertson, excitement will immediately animate her face, and for the next couple of minutes, she will probably be talking about the future of the entertainment business. With role models such as Kimora Lee Simmons and an unstoppable determination to be the next big person in entertainment news, Krystal Robertson knows what she wants and knows how to get it done.

A junior television production major originally from Miami, she serves as the executive treasurer for the School of Communications Student Council and has been an on-air personality for Howard University's WHBC for the past two years.

“I like to keep myself busy, and I love everything that I do,” Robertson said. “Sometimes it can be stressful, but everything seems to work itself out in the end.”

Without a doubt, Robertson has taken full advantage of her resources both at Howard University and beyond. A successful multi-tasker, Robertson's jobs include being a project manager at Rockstar Entertainment Marketing Company, and she is also currently the president of JEWELS Incorporated, a non-profit organization which focuses on positive images of girls in the D.C. area. However, her latest project, the Thread.tv, is her biggest passion.

“I wanted my own entertainment news show,” Robertson said. “I was tired of waiting for an opportunity to come, so I did it on my own.”

The Thread.tv is a new media site that streams a professional entertainment news

show featuring celebrity gossip, fashion and music and artist interviews. It also features up-to-date blogs and video blogs about everything in entertainment. Established on Feb. 27, 2009, Robertson is ready to take the Thread.tv to new levels. Serving as the founder and executive producer, Robertson is already looking for people to join her team. Shaquana Ford, a sophomore telecommunications management major at Howard University, presently serves as the production manager for the Thread.tv and enjoys working with Robertson.

“I enjoy working with Krystal, because we listen to each other's ideas,” Ford said. “We give each other feedback and are not afraid to say what's on our minds in order to better our work.”

At a general interest meeting last week, Robertson shared her vision for the Thread.tv and showed an artist interview that she did with Capitol recording artist J.Holiday. Senior broadcast journalism major, Jason Clark, said he is truly excited for the future of the Thread.tv.

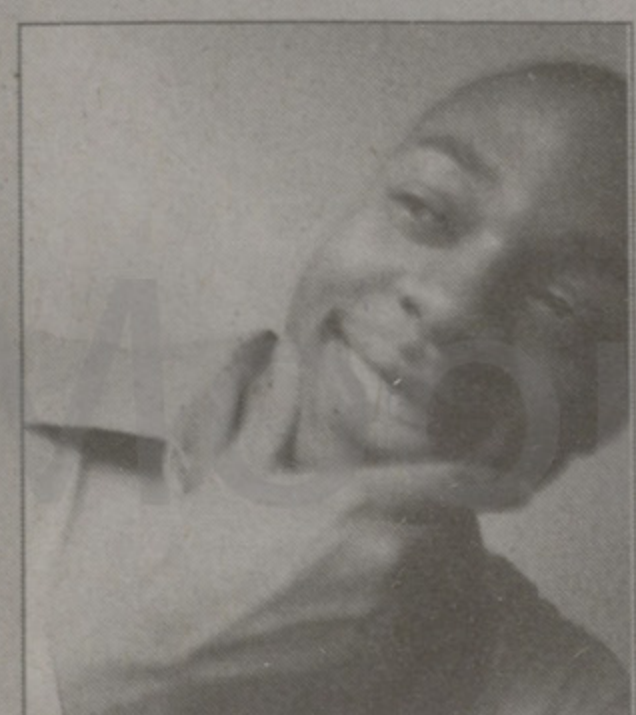
“I've known Krystal for three years now, and I am proud of her determination,” Clark said. “I am very excited for the [Thread.tv] to officially begin. I think it will be the next big thing to hit Howard's campus.”

With the accomplishments that she has made, it is no shock that Robertson knows exactly what she wants to do with her career. When asked about future goals, Robertson was very precise.

“I want to be Ryan Seacrest,” Robertson said. “And by that, I mean I want to be an executive producer, anchor, radio personality and owner of my own production company. I want to do it all,” said Robertson.

The BiZ

Powering Your Influence



What is influence, and how can one use it? First, let's define exactly what influence is: the capacity or power of persons or things to be a compelling force on or produce effects on the actions, behavior, opinions of others.

In the case of human influence, it especially means having the capacity to compel people to do things they wouldn't normally do. Let's move on to some techniques one can use to influence those around them.

Appeal to their own self-interests – The first and most fundamental lesson to remember when dealing with people is that they put themselves first. When it really comes down to it, people will almost always protect the interests

of themselves and their loved ones at the expense of others. Therefore, when one is trying to influence someone, put them at the center of one's appeal. Tell them how doing this will benefit them, how it will increase their popularity or bring them power or money. Find out what motivates that individual, i.e. their needs and wants, and tell them how performing said activity can help them satisfy that need.

Give them a standard to live up to – Give people a high expectation to adhere to: Tell them you think they're intelligent, committed to the cause of helping others or really any other compliment that's in tune with what one is asking. We all want to be described well, and when someone tells us something positive about ourselves, we're compelled to exemplify those charac-

teristics. People are motivated to reduce cognitive dissonance, and one can capitalize on this. After all, if they don't adhere to one's request, they're throwing into doubt their own self-concept, and the majority of people aren't willing to do that. It's mentally uncomfortable and everyone wants to think they're a good, caring, generous person.

Give them a cause to believe in – Everyone wants to be a part of something great, some movement or cause. We all want to be connected to something greater than ourselves. Use this need to influence others. Tell them how doing you this favor or joining this activity can plug them into something large and timeless, and how they can have an effect on hundreds or thousands of other people just by donating a little bit of their time and energy.

One can even describe the activity as the first step on a quest for moral, spiritual or intellectual enlightenment. It really doesn't matter, as long as it's pertinent and complimentary to what you're asking of the person.

You might be surprised to see that I didn't include bringing up things you've done for that person in the past. When trying to convince someone to do something for you, this generally won't work. People will find a million excuses why this time is different, why last time you had to, etc. So, if possible avoid this altogether.

Charles Taylor is the owner of OriGenius Company and founder of Howard's Educational Revolution (H.E.R.), which creates student-led classes at Howard University. He can be reached at taylorcharles@gmail.com.

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It's Personal...



Change Gon' Come

BY MERCIA WILLIAMS-MURRAY
Deputy Managing Editor

I don't know if it's because graduation is tapping on my shoulder or because I am so excited about my post-graduate life, but I can feel myself changing rapidly.

Like most people, I have matured gradually throughout college. Learning about yourself and those around you through good and bad experiences is normal and to be expected.

I am a person who typically learns from trial and error, but recently, I have been making decisions based on observation and careful thought.

In the last month or so, I have effortlessly and unconsciously approached life and its many situations and scenes differently.

I am still me. I am proud of me. I love being me, and I really don't care who has a problem with my personality or the way I do what I do.

However, I have always been self-analytical, and although most people aren't adversely affected by my little "quirks," I do take note of what gets under people's skin about me — even if I don't change them.

What do I think my biggest "quirks" are? There are a few:

1. Ninety percent of the time, I am talkative. No, I don't ramble on endlessly as people stare in amazement at my jabbering, but I do have an opinion or remark for everything. I talk over people. I tend to think I'm right about everything, etc.

2. Even though I am this comical, happy character most of the time, I am easily rattled. I am very sensitive to the things people say and do, especially if I consider them an important part of my life.

3. I don't believe in saying something about everything that gets to me. Unless I am really passionate about something, I avoid confrontation. "Don't sweat the small things" and "shake it off" — these are the mantras I live by. While I believe this is a good way to be, I do sometimes reminisce on things that happened a year ago and even five and 10 years ago — the times I wish I spoke up or went off on people.

Suddenly, I have changed a bit. I still talk a lot, but I do a lot more listening and there's something to keeping your mouth shut sometimes. People have just been confiding in me and venting to me like crazy.

I love it, and I don't even worry that I'll blab anything to anyone cause my mouth isn't open as much!

When people talk, I have fewer urges to put my two cents in. I notice that my friends at work or in class can be having a deep or interesting conversation, and I participate but to a lesser extent.

I think I'm just tired of talking all the time.

Also, my skin has gotten tougher. When people get little attitudes, I ignore them. When people say something to me that is less than flattering, I just listen and deal with it. I am so focused on being positive and happy.

I have eliminated so much stress and strife by just relaxing and not letting people get to me. I refuse to even be around people who have constant mood swings and who irritate me.

It might sound self-centered, but my happiness and peace of mind are my responsibilities, and I refuse to be bothered. My new favorite moves? The shoulder shrug and the change of conversation.

I am, however, learning when not to shrug things off. Sometimes people need to be put in their place. Point blank. Sometimes a peace of mind does require that you speak up and "let it be known," regardless of the consequences.

I admit that I'm still struggling with knowing the difference between situations and conflicts that are worth giving the "don't-play-with-me" speech and those that are not.

All-in-all though, I am proud of the changes I've been making. I already see the positive impact they have had on me and my life.

My biggest fear is that I'll backslide because you are who you are. It's hard to fight against the aspects of yourself that may be OK most of time, but sometimes lead to disaster.

I'll maintain, though. Anything worth keeping is worth working for.

Musings from Our Founder:

"There are years that ask questions, and there are years that answer."

- Zora Neale Hurston, co-founder of The Hilltop

He Said...She Said Viewpoints from Both Sides of the Gender Divide

This week's issue:

You're turning me off!

By Jada F. Smith & Deontay Morris

"You don't even know me and you wanna take me shoppin' / You a lame I can tell it ain't big s**t poppin' / You turnin' me off."

I'm sure by now everyone is aware of the second single off Keri Hilson's debut album, "Turnin' Me On," and I cannot reiterate enough how truly thankful I am to Ms. Hilson for this song.

There are just some things that guys say and/or do, that are EXTREME turn offs! Some actions and/or words will guarantee that you will NOT get the number, NOT get a date — but will get you an eye roll, a stank face or a laugh at how incredibly lame you are. So I appreciate her efforts for trying to raise awareness for this issue.

Some guys, however, just don't get it. In a text conversation I had with a guy, he said, "I guess I'm just blessed not to be a lame." Well then, non-lames, why don't you try to help your fellow gender get it right? Guys, if you ever see another male do or say any of the following, please take him to the side and drop knowledge. You have my permission, and he will thank you.

1. On the first date, you ask me to pay for the movie/dinner/anything.

No, this does not mean I'm a gold digger or I don't believe women should ever foot the bill, this means that most women were raised to expect this on the first date. Why would you ask me out if you couldn't afford to take me anywhere? And besides it's just rude and ... a turn off.

2. She's trying to have a conversation with you, and you can't take your eyes off her ____ (insert body part of preference).

Yes, we like to feel like you're attracted to us, but we do not want to feel like a piece of meat. Immediately, she knows where your mind is (sex, for those who can't read between the lines), and unless her

mind is in the same place, then you just lost your chance. She thinks you only want her body ... a turn off.

3. Thirsty-ness is not a term relegated only to women and greek prospects.

The same way y'all don't like women who act desperate, we don't like men who do either. I'm not saying don't be persistent, if the situation allows it without you being annoying, I'm saying don't chase her down on The Yard. I don't think I need to expound on this, it's just ... a turn off.

4. Extreme promiscuity/trying to be a "player."

We know. It's a turn off.

5. I don't know many worthwhile women who are attracted to men who aren't doing anything with their lives.

If she has an internship, a full course load, a job and she's on the E-board of some club, then she doesn't want a man who does nothing but watch ESPN, chill on The Yard or Facebook stalk ... a turn off.

6. Overly touchy-feely men.

If we're friends, and every time I see you, you're trying to cop a feel or get mad when I give you a "church hug," then you're secretly grossing us out ... a turn off.

7. Most women don't like men who are disrespectful towards other women.

Even if you are nice to the girl you like, if she hears you referring to another girl as a female dog or some other name, it's not cool.

Women are turned on by guys who are gentlemen, who take an interest in her intellect (and if you can match it or beat it, even better!) and who have a life. The last thing a girl wants is to sit in her class in Locke auditorium and be surrounded by girls you've "messed" with. Yuck!

Soooo, please don't turn me off!

I'm sure by now everyone has heard the Keri Hilson song "Turnin' Me On." It got Jada and myself thinking about the things that turn us on/off. Here are some things that turn guys off and on.

Turn offs

1. Don't offer to watch the game if you are going to bug us about what's going on or complain that it lasts too long.

By now I'm sure most girls know that guys like sports. It is OK if you do not like sports (however, if you do it's extra points for you.) Do not watch sports just to appease us! That is one of the worst things you can do. We do not like a whole bunch of questions during the game. Also, if you willingly watched the game don't complain!

2. Asking questions with no good answer such as "is she cuter than me?" Or "does this make me look fat?"

These questions are the worst questions you could ever ask someone. There are no good answers. You may say be honest, but we know that's not what you really want. What you really want is someone to compliment you, which is fine; however, this is not the best way to do it. This is an easy and unnecessary way to hurt someone's feelings.

3. Ultimatums/relationship pressures

It is never good to pressure a guy into becoming your boo or boyfriend. That will just lead to uneasiness and tension because it wasn't his decision in the first place. Just be patient; if it's meant to be, it will happen!

4. We do not think like women!

Women are much more detail oriented than most guys. Oftentimes, this leads to women over thinking what we do and coming to

a conclusion about our subconscious motives. But really most things that we do have no deep meaning. We do not have intricate plots.

5. After months of kicking it you just want to be "friends."

Nothing makes a guy more upset than wasted time. There's no reason for you to be texting or on the phone with a friend at 3 a.m. on a Tuesday for an extended time period. If you are not interested in a guy say so. Don't settle because you want somebody to talk to or keep giving yourself chances to like him. It will benefit both of you.

Turn ons

1. Not being overbearing

A lot of girls can be overbearing. Some text you too much; if we are not together, you don't need to know every single detail of how my day went, maybe just the highlights.

2. Good conversation

Women talk more than men. We usually keep what we say short, but if you can engage us in good conversation, that will move things along pretty good. Good conversations usually happen in person or on the phone not through text messages.

3. Not complaining

I know you have 17 credits. I know you have two tests tomorrow, but stop complaining! This is Howard; everybody is on their grind and everyone puts in long hours. Complaining and nagging are one of the absolutely worst things you could ever do.

4. Making the first move

Sometimes we simply just do not get your hints. Do not automatically assume a guy knows you are feeling him. If you are feeling him make the first move, it's 2009 not 1954 it's OK!

Guys would love this role reversal for once.

Overheard @ The Mecca

Overheard in Cook Hall

Roomie 1: If you don't turn the lights out, I'm going to stab you in your sleep.

Roomie 2: I'm gonna stab you in your awake.

Overheard on the phone

Almost alumna: Yeah, she's on my "buy a bag of rocks to kick" list.

Recent grad: You should buy her a pair of open-toed sandals to go with that.

Overheard one of your fellow Bison say something crazy? Send it to meccanisms@gmail.com!

How Well Do You Know Your Howard History?

Things every HU historian should know about their future alma mater...

- The university's original name was "The Howard Normal and Theological Institute for the Education of Teachers and Preachers." The trustees voted to change the name to Howard University on Jan. 8, 1867.
- The first students to attend Howard were five white women — all were the daughters of two of the trustee members.
- The medical school tuition during its first few years was \$135 per year.
- Henry Highland Garnet was the first black man to be elected to the Board of Trustees (1867).
- In 1871, the salary for the president was \$3,000 per year.
- Charlotte E. Ray was the first woman to graduate from the law school in 1872. She was also the first woman to be admitted to practice law before the Supreme Court of the District of Columbia.
- The first alumni association was the Medical Alumni Association, established March 10, 1871.
- Clark Hall, built in 1880, was the first male dorm built on campus.
- Charles C. Cook (Cook Hall) was a volunteer football coach from 1892-1905.
- Lulu Childers (Lulu Vere Childers Hall) organized the Howard University choir in 1908.
- Booker T. Washington was elected to the Howard University Board of Trustees in 1907.
- The Tubman Quadrangle was built to house freshman girls in 1931.
- In 1949, the Howard Players became the first college drama group to travel throughout Europe as goodwill ambassadors.
- In 1968, students took over the "A" building, demanding African-American studies courses.
- In 1971, students raised a red, black and green "Liberation Flag" over Founder's Library.
- Women enrolled in the HU ROTC program for the first time in 1973.
- In 2005, *The Hilltop* became the first HBCU paper to be printed daily.
- In 2006, Howard was ranked the No. 2 most fashionable school by *Women's Wear Daily*.

Information courtesy of the Howard University Yearbook

Religious Practices Linked to Increased Physical Health

BY JENERRA C. ALBERT
Staff Writer

Anger, depression, stress, tension and, most of all, forgiveness — or lack thereof — have proven to have influences upon personal health, according to Dr. Alfonso Campbell, chair of the Howard University Department of Psychology.

According to Campbell, there is also a positive correlation between religion and both physical and mental health.

Campbell has spent a significant amount of time as co-investigator of a project titled, “Psychoneuroimmunological Factors, Stress and Renal Health (2008).”

The project consists of Pew and Gallup surveys conducted to determine the religious makeup, beliefs and practices of the American public.

The Pew study included 35,000 adults in its sample, and the Gallup national sample was comprised of 1,017 adults.

The project analyzes the psychosocial stress and its effects on the renal health outcomes in adult lifestyle.

The test surveys all types and creeds of people evaluating their qualities of lifestyle and the role that religion plays into such.

“Persons who describe themselves as religious are less angry, depressed and have fewer negative emotions,” Campbell said. “People who score high in religiosity have an overall general health.”

Studies from the surveys show the level of religious belief and behavior are high in the United States. According to the studies, most Americans believe their spiritual beliefs and behaviors influence their health.

More than 90 percent of American adults say they pray and believe in God or a higher being; two-thirds are members of churches or synagogues; while 40 percent attend religious services regularly, and a majority of patients would like

medical providers to discuss the spiritual aspects of their illness. Seventy-nine percent of adults in the United States believe spiritual faith can help people recover from illness, injury or disease.

In the test, the scale of religiosity measures that people who score highly in health generally have less depression, are without loneliness, without much stress and do not have much internal anger or hostility.

According to Campbell, the primary reasons for health in a person with a stronger affiliation to religious communities are lifestyle. However, he said it is more than just spirituality that increases one’s health. Campbell defines health as an absence of disease.

“Religiosity deals with strength of commitment whereas spirituality is more meaning and purpose,” he said, “but they don’t embrace any community.”

Students have even found that a sense of religion and spirituality differ as well.

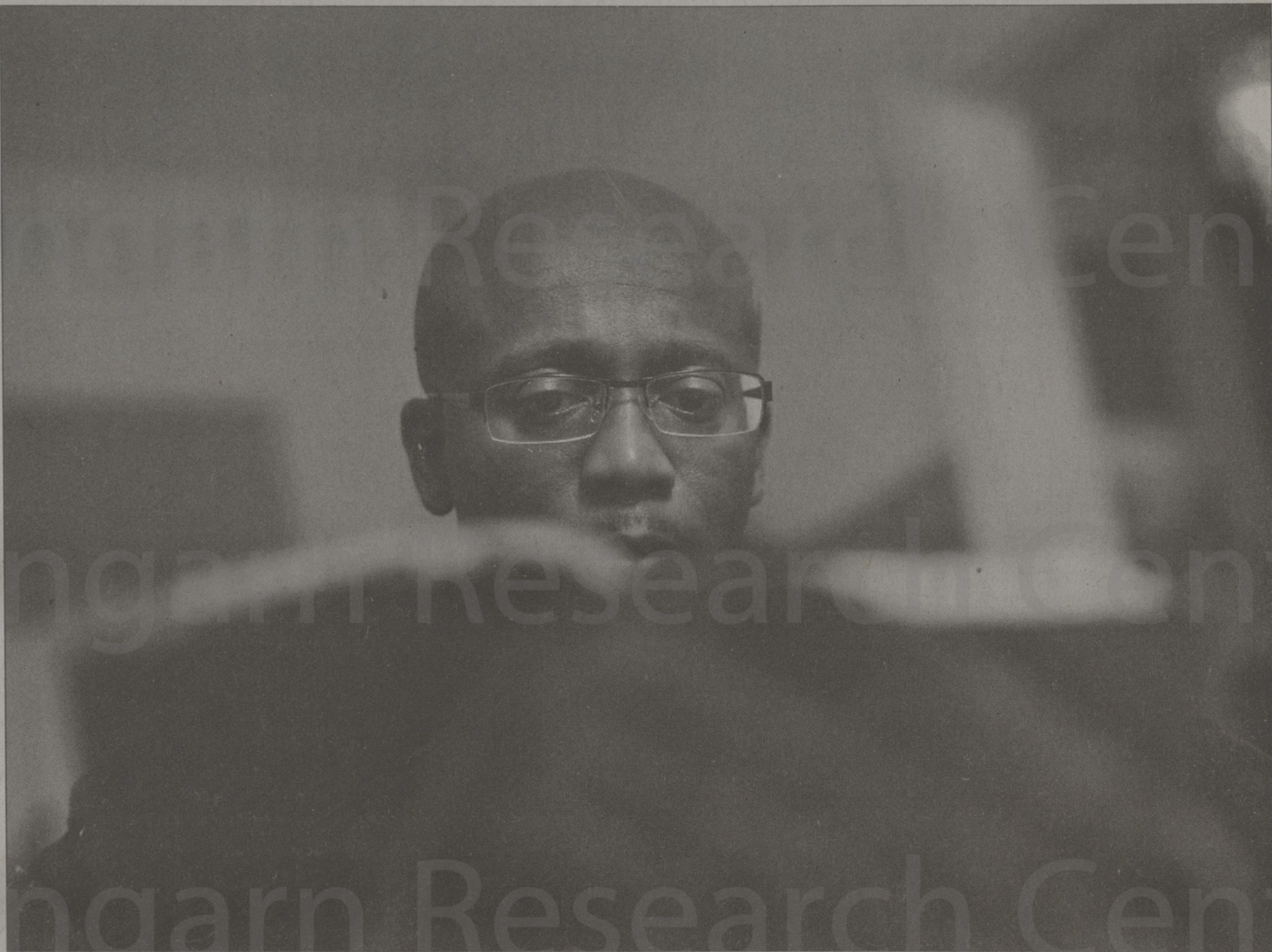
“I may be more spiritual than religious,” said Darren Jones, a freshman marketing major, “but I feel having religion and people to identify with helps because you develop a family and a strong support base.”

Campbell stressed the fact that a support system can make a large difference in the mental and physical state of a person. While some ailments may begin in the mind, they may escalate to the physical being.

According to Campbell, those people with strong support systems of confidants have people there to serve as a buffer for stress, which has proven to make people live longer.

Campbell said he feels the lifestyle of a religious person will ultimately play into a person’s well-being. According to Campbell, someone with a belief in a higher being usually drinks less alcohol, doesn’t engage in much if any drug use and abides by the laws more frequently.

Additionally, believers have high



Andrew Klein - Dallas Morning News/KRT

Experts say there is a link between religious beliefs and the effects they may have on people's lifestyles, particularly health and attitude.

religious participation; they do not participate in risky or sexual behaviors. This all helps to preserve the whole person, keeping them from the things which people without any spiritual affiliation may be subjected.

“The thing about my choice of religion is that it causes me to evaluate myself,” said Claudia Ukonu, a sophomore marketing major. “So I feel that it makes me healthier, because I periodically check what I’m doing to make sure that I’m doing the right thing and keeping myself in check.”

Self-evaluation is another factor in maintaining one’s health.

“Religion causes self-evaluation and personal determination of change and take on the attitude of the ‘body is a temple,’” Campbell said.

Campbell said he feels the final and strongest influence of one’s health is forgiveness.

According to Campbell, people need to have forgiveness in order to maintain physical and mental strength.

His research has found that people who are unforgiving have higher amounts

of stress hormones in their urine and in their blood than their forgiving counterparts.

Forgiveness is a health benefit, and holding on to grudges, anger and tense, hostile emotions is unhealthy. According to Campbell, it can eventually lead to heart disease and muscle aches.

“Unforgiveness does a great deal more damage to the vessel in which it is stored than the object on which it is poured,” Campbell said, quoting philosopher S.I. McMillen.



Edith Sekashi - KRT

One way to maintain healthy hair is to avoid applying heat when styling. Because heating tools help to strip the hair of its natural moisture and can eventually cause damage, heat should be used minimally and sparingly.

Know Your Roots: Protecting Hair from Heat Important in Styling Options

BY JENERRA C. ALBERT
Staff Writer

With anything, less is usually always more. The saying also applies when it comes to styling hair with heat.

Reducing the amount of heat used on your hair will not only reduce the use of resources and harmful energy in the environment, but your hair as well. Although it may not seem substantial, cutting out the use of hair appliances does make a difference. By styling the hair without heat, one can save energy and keep the hair from unnecessary damage.

Licensed hair and beauty stylist, Chaurtrice Moore, said blow driers and styling appliances can always damage hair strands. To avoid damage, the San Diego beautician suggests using natural methods for hair drying.

“Get your hair styling done in a professional manner to minimize the styling experiment you often do with your hair,” Moore said. “Sitting under the dryer with a cap of some sort is probably one of the safest ways of drying the hair.”

According to Moore, drying tends to remove the natural moisture in the hair and causes the hair

cuticles to become brittle, rigid and dry. The extra pressure eventually causes it to crack and significant breakage takes place.

“Personally, I like to let my hair air dry,” said Drew Danders, a freshman marketing major, “but if there is not enough time, then I blow dry it...I usually make sure it’s very well-oiled and use some type of heat protection spray before I put any heat on it.”

In the event that heat is ultimately necessary, Louis Martin of Poses Styling Emporium of Tucson, Ariz. said it is important that the hair is completely protected.

“Investing in a heat protection product is necessary,” Martin said, “particularly for chemically treated hair, which is already damaged and easily susceptible to further damage.”

According to Martin, such products work by coating the strands of the hair with a protective film, so the heat of a blow dryer or other heating implements won’t burn or dry out the hair shaft.

Additionally, Moore explains that using heating products like irons comes with its share of damage.

“Heating the hair strips it of the natural water that it has already in it to give it life,” Moore said.

Heatless Hairstyles

Chaurtrice Moore, licensed hair and beauty stylist at Lasting Impressions of San Diego, Calif., suggests the following heatless styles:

- Crimped**
1. French braid or plat your hair in as many braids as you want. The smaller the braids, the tighter the crimp.
 2. Once the braids are all completed, dampen hair.
 3. Let dry.
 4. Remove braids.

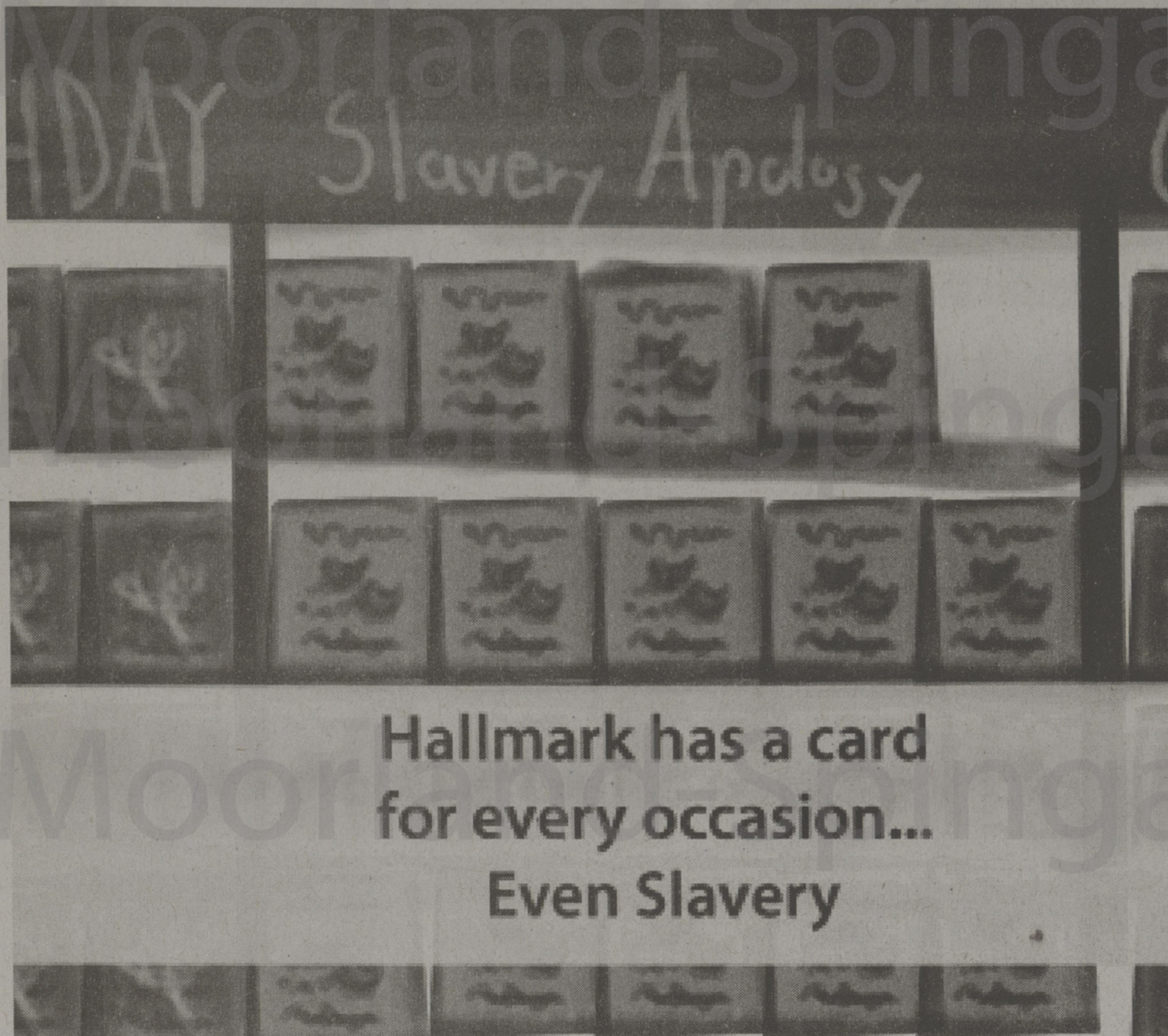
- Curly or Wavy**
1. Wet hair with a spray bottle or in the shower
 2. Rod or roll the wet hair right after.
 3. Wrap with a silk scarf.
 4. Go to sleep on it.
 5. Take it down in the morning and style as usual.

Straight

After washing and conditioning hair, towel blot to remove excess water and wrap your hair in the basic circular motion while damp with a round brush. Brush it down tightly while wet and wear a silk scarf. After hair dries, comb it down from the wrap.

- Jenerra C. Albert, Staff Writer

Want to write for the Life & Style section?
Come to The Hilltop budget meetings. Sundays at 6 p.m. in the West Towers Plaza



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for every occasion...
Even Slavery

Charles Metzke - Cartoonist

Connecticut Offers an Apology a Thousand Years Too Late?

According to CBS news, the state's African-American Affairs Commission - a liaison between black communities and the government - is the group behind getting the resolution passed. The resolution comes just months after Obama's historical election, thus the Commission feels Connecticut's apology would be another symbol of "peeling away layers of racial discrimination and intolerance."

While all of the metaphors, symbols and other poetic devices are nice gestures, the question is: What is the purpose of this apology?

It is 2009 and slavery in Connecticut was outlawed in 1848, although its remnants were present for centuries later.

Yes, there is still an economic, social and political disparity between white and black Americans, which is a partial result of slavery. But unless they're offering \$100,000 and good health care along with the "I'm sorry", we're not sure how far this apology will

go. We, as a people, have made so many strides since slavery. We have a black president. The black middle class is thriving, and black women are getting college degrees at a higher rate than any other minority.

Because the black commu-

Our View:

*Save your apology.
Instead make this country
better for black people.*

nity has made so many actions toward its own success, the apology may just seem like a waste of words. The country is beyond symbolic apologies. It is unnecessary and a waste of time.

Furthermore, the apology would not do anybody good except the people who will get their faces stamped across news outlets with headlines that read "Connecticut Apologizes for Centuries of Slav-

ery and Racial Discrimination." Black people who are still suffering because of the state's racial history certainly won't care.

They won't wake up and think "Connecticut apologized. Now I can overcome." They will still have to deal with sub-par education for their children, unemployment rates that keep rising and rent notices that aren't going to disappear just because.

Connecticut has a conscience. It's just not practical. Realistically, if someone came to a person and apologized for something that happened 15 years ago, the person would probably laugh at them, especially if they couldn't offer anything tangible to go along with their delayed remorse.

If Connecticut wants to apologize, they should put it into action. Until then, black people will continue to work within the nation and their communities to eliminate the disparities, despite the history of slavery and discrimination.

Daily Sudoku

Directions:
Each row, each column and each 3x3 box must contain each and every digit 1-9 exactly once.

9			1					5
		5		9		2		1
8				4				
				8				
			7					
				2	6			9
2			3					6
			2			9		
		1	9		4	5	7	

CORRECTION: In the Wednesday, April 1 issue of *The Hilltop*, the article "Furlough Day Leads to Switch for Bison Ball" stated that the decision to change the date was made by Interim Vice Provost of Student Affairs Charles Gibbs. However, according to Dean of Student Life and Activities Tonya Guillory, Howard University Student Association President Nick Owen recommended the change to the date due to the Furlough dates and the only involvement of administration was to help facilitate the change.

Do you want to write for
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Now in its 84th year, *The Hilltop* is published Monday through Friday by Howard University students. With a readership of 7,000, *The Hilltop* is the largest black collegiate newspaper in the nation.

The opinions expressed on the Editorial & Perspectives page are the views of the The Hilltop Editorial Board and those of the authors and do not necessarily represent Howard University or its administration.

The Hilltop reserves the right to edit letters for space and grammatical errors and any inappropriate, libelous or defamatory content. All letters must be submitted a week prior to publication.

Perspective

Are We Mutually Exclusive?

If Tuesday's perspective shed light on the DL lifestyle for anyone at Howard, then I am afraid we, as a community, are as in denial as that congregation that still believes that their choir director is still just "waiting for the right woman" or anyone who still believes that "Don't Ask, Don't Tell" is still an effective military policy.

The GLBT community is real and it doesn't appear to be going away; so, let's accept that and move on.

What I would like to directly address is the concept of being "DL" or on the Down Low. While I consider myself to be a discreetly bisexual male, many would label me as DL simply because I am a closeted bisexual.

The two terms are not synonymous. The DL lifestyle, which is predicated on being romantically involved primarily with females while you have a male friend on the side, is a scourge in the black community; but, if we are to be honest, so is any form of infidelity. We have to eliminate the specialized stigma of same gender cheating. Cheating is cheating and it puts us all at risk.

No matter what someone's sexual preference is, if they are going to cheat, they are going

to cheat. If someone is going to lie, they are going to lie. What we need to do is change the conversation from how could you cheat, how could you lie to why did you feel the need to cheat, why did you feel the need to lie. If we change the context, we can change the culture.

As Another DL Brother pointed out, honesty is almost completely off the table because we are so uncomfortable with the prospect of a reality outside of our own that we would rather shun than show love. How pathetic.

We, as a community, cannot continue to scapegoat the bisexual male as the root cause of all of life's socio-sexual ills. It makes no sense.

The backlash against bisexuality creates the DL culture that we have to combat if we are ever to understand each other as people.

I have friends who have been ex-communicated from their churches, booted out of their homes, disowned by family and disavowed by friends simply because they enjoy the company of the same sex. No one simply is their sexual preference. I am a brother, a son, a friend, a leader, a mentor, a student, a man, an indi-

vidual well before I am a bisexual.

Often bisexuality is viewed as just a "road to gayville." While false, let's presume that it's a true statement.

Who built that pathway -- The men who seek to be honest with women, yet are steadily spurned, or the women who so fear the prospect of "losing their men" or the propaganda of AIDS and promiscuity that they turn from men who could possibly truly love and cherish them?

Sexuality in real life is gray not black and white. Honestly, for me, in terms of attraction, personality trumps gender. And if we're being honest, isn't that the way it should be, putting genius over genitalia? Bisexuality is not a choice between, it is an openness to.

We are missing out on a great discussion when it comes to sexuality because bisexual men, who are closeted or DL, are unable to open up to women because of the risk of ridicule and rejection while women are unable to open up to bisexual men because they are closeted or DL. We have to grow up people. Our beloved "black" community will die if we don't.

- Discreet Dude

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Applications are due Wednesday, April 1st, 2009 by 3pm.

For more information please e-mail Bryan Smart or Jerome Joseph at smart-joseph09@gmail.com.

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APPLICATIONS ARE NOW AVAILABLE
FOR EDITOR IN CHIEF

BLACKBURN CENTER: SUITE 117
DUE APRIL 6th @ 3:00 PM